#1 Killer of Army Soldiers

Privately Owned Vehicles

POST DEPLOYMENT

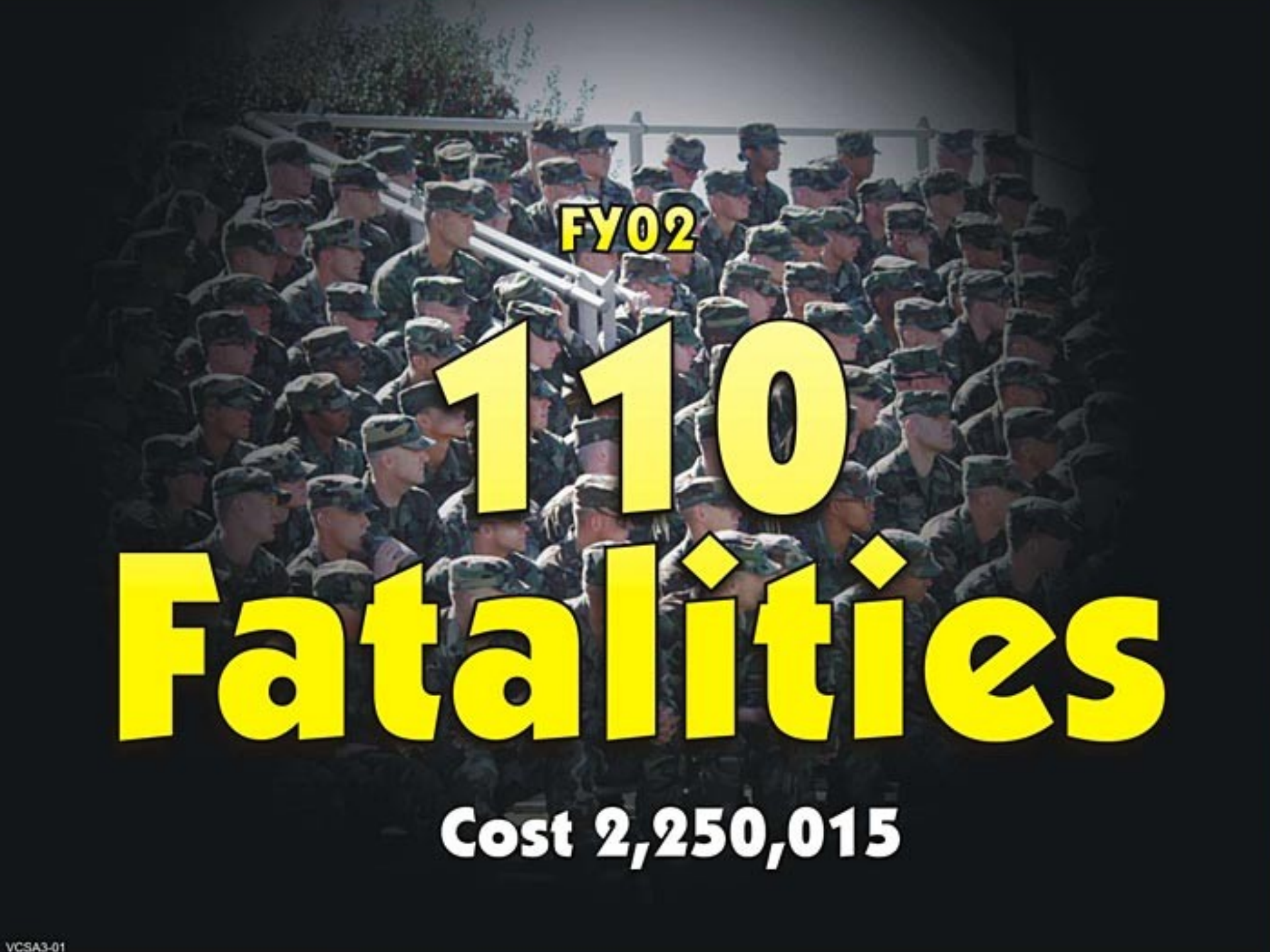
SPECIAL UPDATE

U.S. ARMY SAFETY CENTER

2003

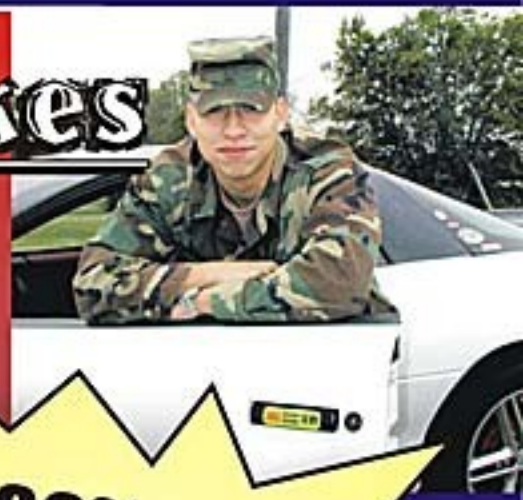
Topics to be discussed:

- Vehicle Stats
- Young Drivers
- Distractions in & Outside the vehicle
- Mental Distractions/Fatigue
- Most Common Mistakes
- Speeding
- Headlights
- No Zone
- Pedestrians
- Aggressive Driving/Road Rage
- Intersection Accidents
- Seatbelts/Airbags
- Motorcycle Safety
- Railroad Crossings
- Alcohol


FY02
110
Fatalities
Cost 2,250,015

Class A POV Accidents

Most Common Mistakes



- Excessive speed
- Operating while fatigued
- Driver's skill

86% of soldiers involved are Age 18-24

IPR0-235a

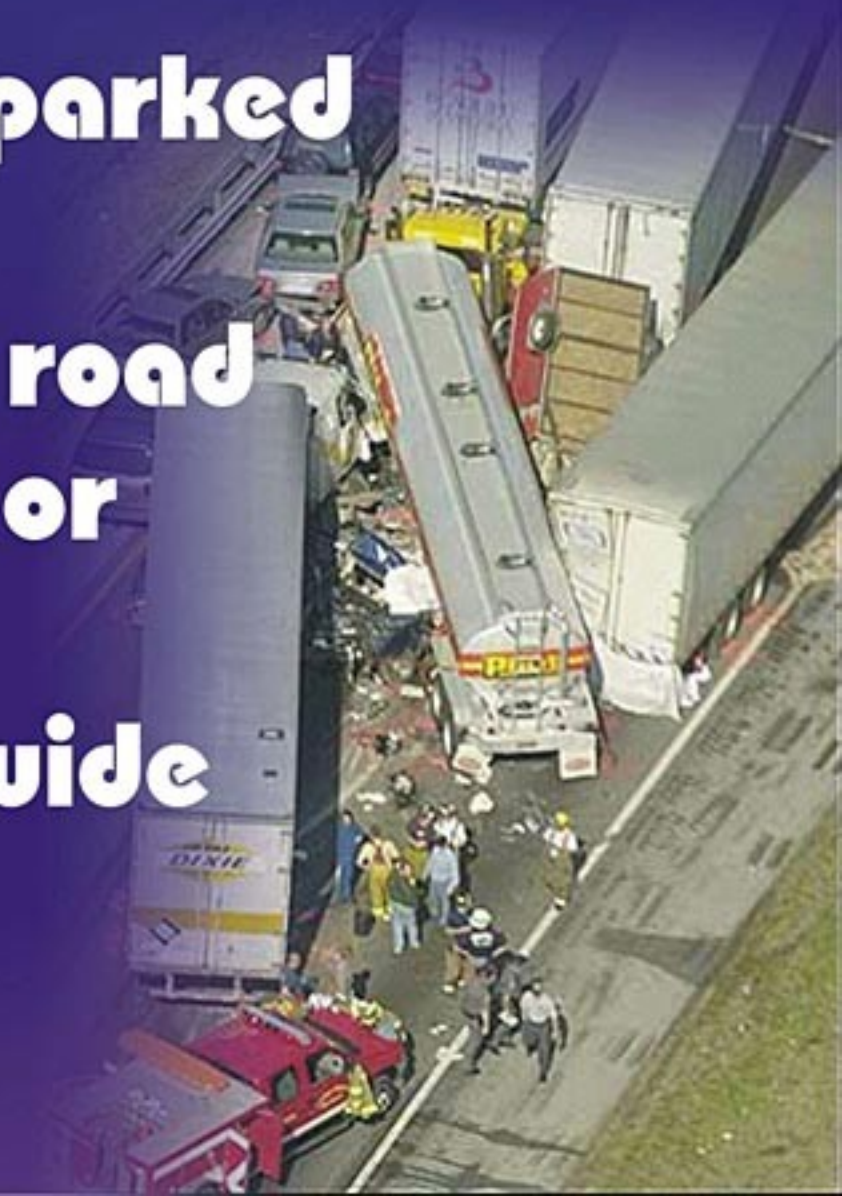
Distractions in the Vehicle

- Tobacco Products
- Food/Drink
- Radio, CD or Tape
- Cellular Phone
- Passenger
- Adjusting mirror or seat
- Reaching for objects
- Clutter/Debris
- Reading a map (GPS)

"America's New National Nightmare"

Distractions Outside of Vehicle

- Moving from parked position
- Looking for a road sign, address or landmark
- Following a guide
- Bill Boards
- Lost

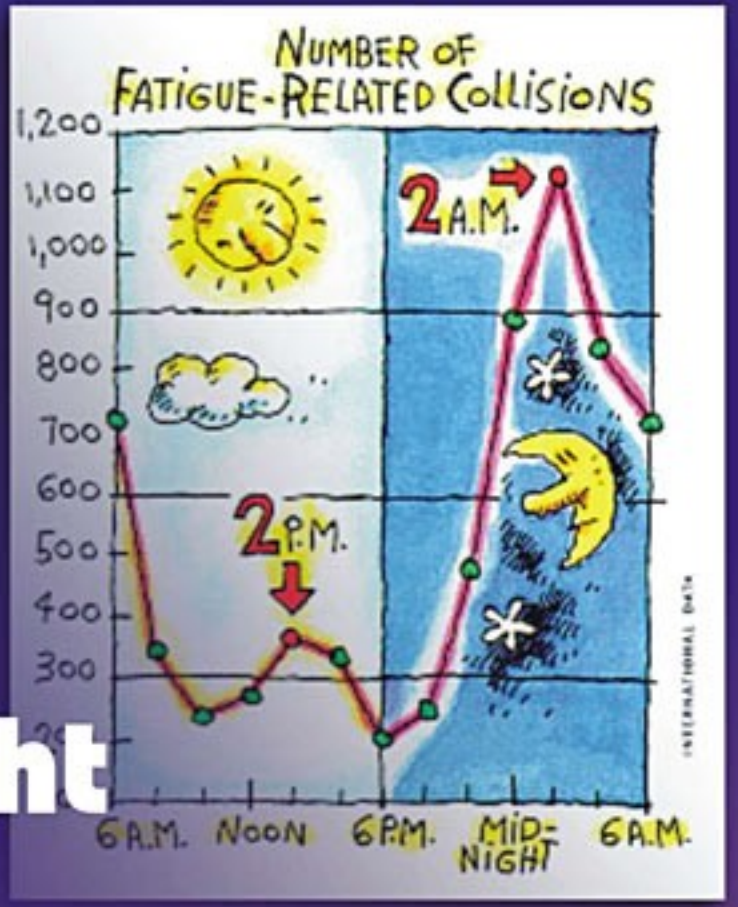


Anti-Distraction Tips While Driving

- Keep your eyes on the road — use a hands-free phone
- Program your favorite radio stations, & arrange tapes & CDs in an accessible spot
- Don't try to retrieve objects that have fallen
- Teach your children the importance of good behavior while in the car
- Avoid eating & drinking
- Designate the front-seat passenger as navigator
- Take a break if you find yourself lost in thought
- Avoid stressful or confrontational conversation

Mental Distractions

- In a hurry
- Worried
- Irritated
- Bored
- Excited
- Lost in thought
- Tired



Fatigue: A Soldier's Enemy

Who is most likely ?

- 25 years or younger —peak age of 20
- Shift workers
- One or more jobs

Fatigue: A Soldier's Enemy

Before your trip:

- Get a good nights sleep
- Plan to drive long trips with a friend
- Schedule regular stops every 100 miles or two hours
- Avoid alcohol & medications (over the counter & prescribed) that could impair performance

Fatigue: A Soldier's Enemy

If you are :

- Forgetting the last few miles driven
- Drifting from lane to lane or hitting rumble strips, & jerking your car back into your lane
- Yawning repeatedly or rubbing your eyes
- Experiencing wandering or disconnected thoughts
- Tailgating, missing traffic signs, or missing turns
- Having difficulty focusing or keeping your eyes open
- Impatient, irritable, & restless feelings

Fatigue: A Soldier's Enemy

What can you do?

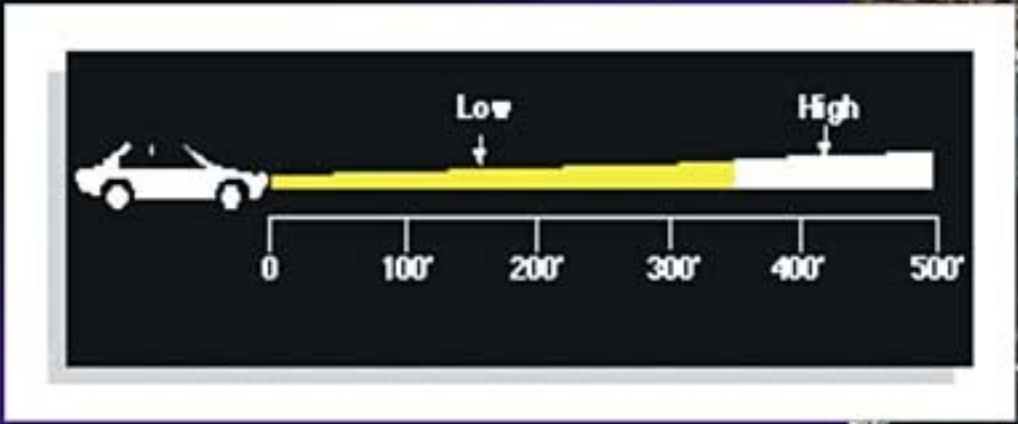
- Pull off into a safe area away from traffic & take a brief power nap (15 to 45 minutes) if you are tired
- Coffee or another source of caffeine can promote short-term alertness, but be aware that it takes about 30 minutes for caffeine to enter the bloodstream
- Turning your radio up & rolling down the windows **will not keep you awake!**

The only cure for drowsiness is sleep.

Think speeding will get you there faster?

A fast driver passed 2,000 cars, braked 1,339 times arrived in 20 hours, 12 minutes.
A slow driver flowed with traffic, passed only 13 cars & braked 652 times arrived in 20 hours, 43 minutes — 31minutes longer than the fast driver. The faster car used 10 gallons more gas, & the driver's pulse rate rose because of the tension & the risks he had taken.
Is traveling faster really worth it?

About 90 percent of driving decisions are based upon what we see. At night, your vision is reduced. **Slow down & drive within the range of your headlights** — About 500 feet on high beam & **about 350 feet on low beam.**

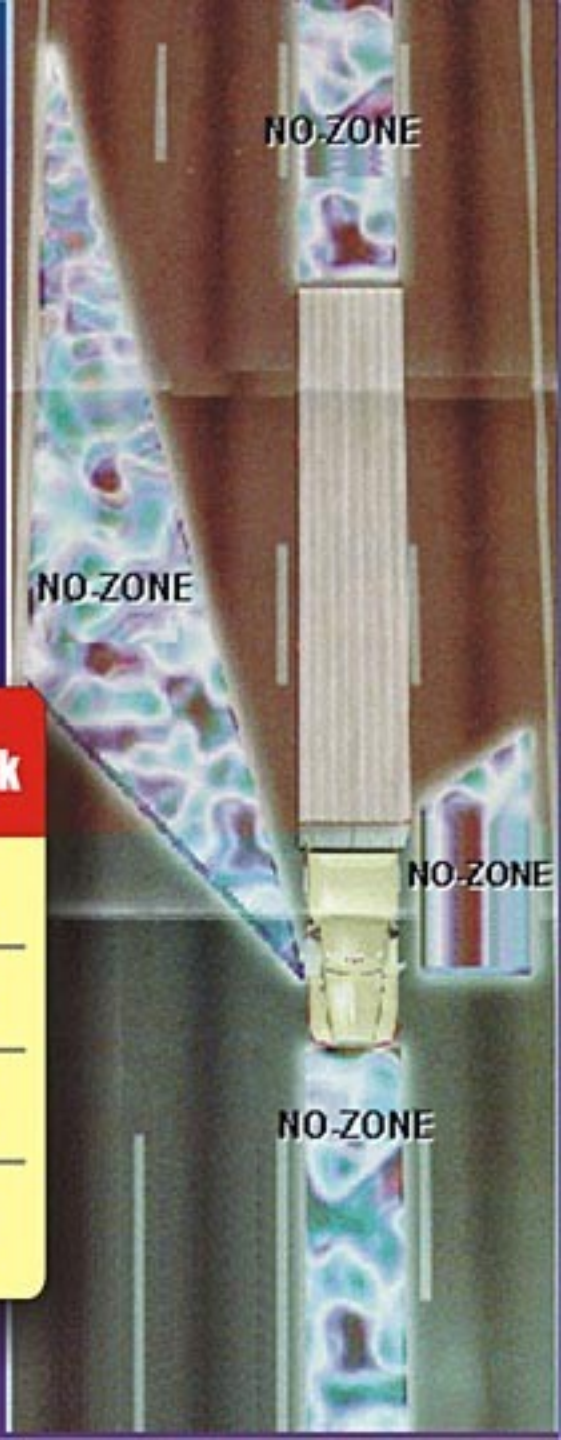


Be sure you can stop within the distance you can see ahead

No Zone

- **SIDE NO-ZONES** – Don't "hang out" on either side of trucks or buses
- **REAR NO ZONE** – Avoid Tailgating
- **BACKING UP NO-ZONE** – Pay close Attention!
- **WIDE RIGHT TURNS** – Avoid the "Squeeze Play"!

Average Total Stopping Distance at 55 MPH for a large truck	
Tractor Trailer, cab only	193 Feet
Tractor Trailer, empty	243 feet
Tractor Trailer, loaded, cool brakes	256 feet
Tractor Trailer, loaded, hot brakes	430 feet



www.nozone.org

AL3-13

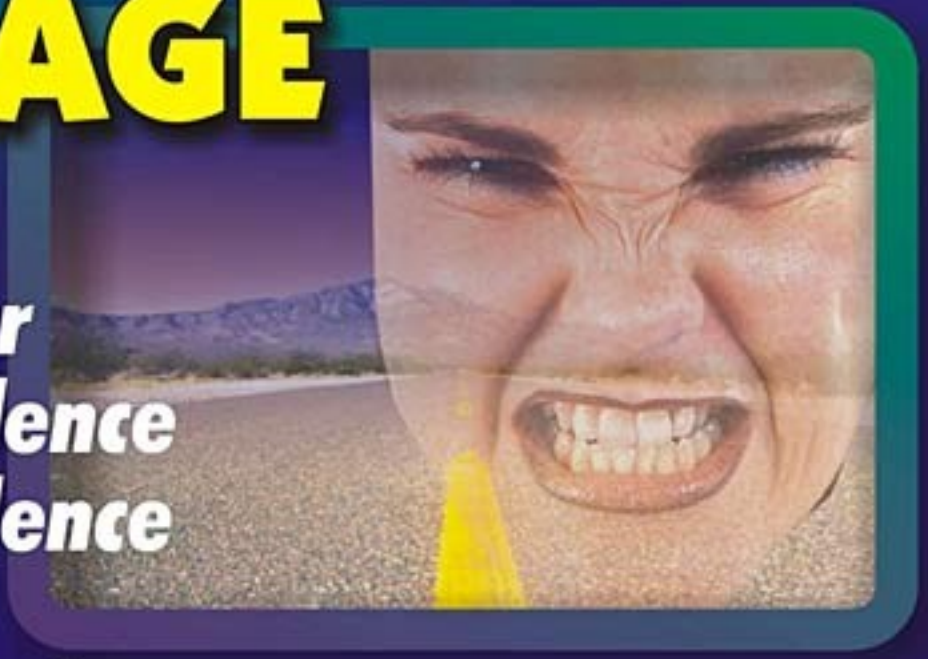
PEDESTRIANS

- Look both Ways
- Never assume the driver will stop

AGGRESSIVE DRIVING

- Aggressive tailgating
- Lights flashed at them because the other motorist was annoyed
- Aggressive or rude gestures
- Deliberately obstructed or prevented from moving their vehicle
- Verbal abuse
- Physically assaulted

ROAD RAGE



- Road rage: is uncontrolled anger that results in violence or threatened violence on the road; it is criminal behavior

- Seatbelts are the best defense against Aggressive Driving/Road Rage. A person is twice as likely to die or sustain a serious injury in a crash if unbelted

INTERSECTION ACCIDENTS

- 42.6% of all fatalities involved failing to yield the right of way, passing a stop sign, or disregarding a signal

SEATBELTS

Did You Know?

Reasons not to wear one:

- "Buckling up takes time."
- "I'm only going a short way. I don't need to wear a seatbelt."
- "I don't have to buckle up because I ride in the back seat."
- "I don't have to be buckled up because my car has airbags"

What would you say to people who give these excuses?

JL-07

Seatbelts/ Airbags

Safety Facts

- Vehicle crashes are one of the leading cause of death & injury to children
- Children should sit in the rear seat, far away from passenger side airbag, & be properly restrained
- Seatbelts should be worn low & snug across the hips & across the hips & chest

MANDATORY PERSONAL PROTECTIVE EQUIPMENT & REQUIREMENTS

DODI 6055.4-

DoD Traffic Safety Program

FATALITIES

Contact your local safety office for training requirements.

Goggles and Face Shields. Impact- or shatter-resistant goggles or full-face shield properly attached to helmet.

Helmets. Certified to meet Department of Transportation (DOT) standards and properly fastened under the chin.

Garment Visibility. A brightly colored outer upper garment during the day and a reflective upper garment during the night. Outer upper garment shall be clearly visible and not covered.

Clothing. Long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

Sturdy Footwear. Leather boots or over-the ankle-shoes are strongly encouraged.

Wrong Way!

"Look , Listen & Live"

- The average family car weighs about 3,000 pounds. What happens to a 12-ounce can of pop when a car runs over it? The can is totally destroyed because the weight ratio of the car to the can of pop is 4,000 to 1

- The average freight train weighes 12 million pounds. It outweighs a car by the same ratio of 4,000 to 1. When a force of 12 million pounds hits a car, it will be destroyed—just like the can of pop

What are your excuses?

Impaired driving is no accident. It is a violent crime that kills. Every 30 minutes someone in America dies because of an impaired driver. Every two minutes someone is injured. You, your family or your friends could be next.

"A Silent Enemy"

"People used to tell me I was good at driving drunk,"
"All I cared about was partying and drinking"

Did you know?

- Approximately 40% of all traffic fatalities are alcohol-related
- Two out of every five Americans will probably find themselves in an alcohol -related crash
- If the trend of drinking & driving continues, 40% of Americans will be involved in an alcohol-related crash sometime in their lives.

DUI—Know the Facts Before You Drive

The Myths of Drinking & Driving

- MYTH: You can sober up with black coffee, a cold shower, fresh air or exercise
- MYTH: Drinking beer or wine will not make you as drunk as hard liquor
- MYTH: You can tell if a friend is drunk by looking at him

Consuming four drinks in one hour can raise the blood-alcohol level of a 150-lb man to about 0.10%. Even after four hours, the alcohol will still have some effect on that person's system.

Off-duty soldier killed in POV accident

HAZARDS

- Impaired judgment
- Lack of supervision
- Individual choice

- Violation of regulation
- Indiscipline

- Violation of regulation
- Indiscipline

RESULTS

- Passenger (E5) - Fatality
- Operator (E4) - Prison

CONTROLS

What Can You Do to Prevent This

Our Greatest
ASSET
IPR0-170B